



Sunday After Holy Cross
Galatians 2:16-20
Mark 8:34-38, 9:1

Calendar and Announcements

Calendar:

- The following services will be prayed with clergy, servers, and chanters, with limited availability for parishioners to attend (up to 25 parishioners). Please see the Announcements for more information about how to sign up to attend a service:
 - Saturday 9/19 – Vespers, 5pm
 - Sunday 9/20 – Orthros and Liturgy, 9:30am
 - Wednesday 9/23 – Vespers, 6pm
 - Saturday 9/26 – Vespers, 5pm
- The above services will be livestreamed via St. George's [website](#) and [official Facebook page](#). In addition, links to the texts will be included on the home page of the parish website above the livestream video for those who would like to follow along.
- Dn. Joseph is leading Akathist on Tuesday evenings via Skype. To participate, please email Dn. Joseph at dnjosephclark@gmail.com to receive the link.
- Bible study on the Gospel of John: Wednesday 9/16, 6:30pm
 - Join the meeting:
<https://us04web.zoom.us/j/75171452841?pwd=L29OOTNHafJhRVpvYmVlRDBCVXpndz09>
 - Meeting ID: 751 7145 2841; Password: 0zbpui

Troparion of St. George

○ liberator and deliverer of captives, helper of the poor and needy, a healing physician of the sick, a contender for kings, ○ great among Martyrs, the victory-clad George; intercede with Christ our God for the salvation of our souls.

Announcements:

- If you would like to attend one of the services listed above, please sign up via [Sign Up Genius](#) reserving the number of slots for family members attending so we can ensure we do not exceed capacity for social distancing purposes. (For example, if there are 3 household members attending, reserve 3 slots.) Please remember that those who are elderly, have pre-existing conditions, or currently are not feeling well are asked to remain home. Additionally, those children who are too young to keep a mask on are asked to remain home.
- Communion will offered by appointment after each service. To set up a time to receive communion, please sign up via the [Sign Up Genius](#). Please reserve only one slot per household unit. Your time will be confirmed via email from the church office. Prior to arriving at the church for communion, please say the [Morning Prayers](#) and the [Prayers of Preparation before Communion](#).

If you attend a service, you must wear a mask/face covering out of care for ourselves, our brothers and sisters in Christ, and our neighbors.

- Confession is also being scheduled by appointment. To set up an appointment, please email the church office and provide a few dates/times you are available. The office will email you to confirm your appointment time.
- If you would like to have a candle lit at the church, please email the church office at office@saintgeorgeupperdarby.org. Candle donations can be made via PayPal.
- Based on Metropolitan JOSEPH'S latest directive (6/8/2020), we will begin to carefully consider which in-person gatherings to resume. For the time being, all non-liturgical events remain online or cancelled as we consider all necessary factors. Please stay tuned for additional information.
- Several members of the ministry team are contacting parishioners to identify any special needs and to ensure our church family is taken care of during this time. If you or someone you know has a particular need during this time, please contact the church office so we can coordinate with the ministry team.

General notes:

- If you are able to still tithe / contribute to the church during this time, please consider giving online [via PayPal on the church's website](#).
- All communication about services and other updates during this time will be sent via parish email from Fr. Joel (or the office) or posted on the [website](#) or [official church Facebook page](#). All questions can be directed to the office (office@saintgeorgeupperdarby.org).

Church History

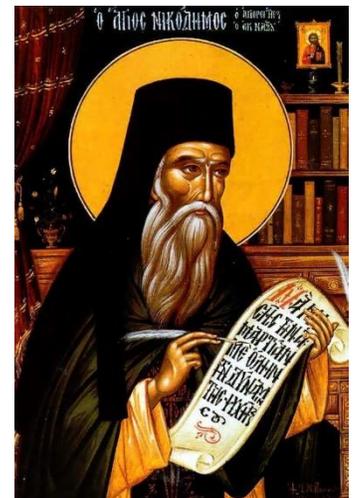
This week we continue a series on the Essentials of Faith. The hope is that we can all learn and be edified, and come to a "knowledge of the Truth" (1 Tim. 2:4), and to witness to the things of faith that were "delivered to the saints" (Jud. 1:3) in the Church, which is the "pillar and ground of Truth". (1 Tim. 3:15) May God bless the labor. These lessons are taken from Fr. Thomas Hopko's series The Orthodox Faith.

The Greek Church (cont.)

Saint Nikodemos of the Holy Mountain

St Nikodemos (1749–1809) was born on Naxos in the Cyclades Islands to pious parents; his mother eventually became a nun. He was wonderfully pious and intellectually brilliant, with a nearly photographic memory. His first teacher was the brother of Saint Cosmas the Aitolian. In 1775 he became a monk on Mount Athos, where he lived at several monasteries and sketes. He even left Athos for a while to live on a small island near Euboea.

Often working together with Saint Makarios of Corinth, Saint Nikodemos devoted most of his life to writing, editing, and translating. His works include a modern Greek translation of the commentaries by Blessed Theophylact of Ochrid on the 14 Epistles of Saint Paul and on the 7 Catholic Epistles; a modern Greek translation of the Psalms, with extended commentary; the *Philokalia* and *Evergenitos*, already mentioned; and the works of Saint Symeon the New Theologian, already mentioned.



He also edited the works of St Gregory Palamas, but the manuscript, except for the introduction by Nikodemos and a few parts, was lost in Vienna.

Saint Nikodemos also revised a book on spiritual guidance called *The Spiritual Exercises*, written by a Roman Catholic priest named Lorenzo Scupoli, which he published with the title *Unseen Warfare*. He also produced *The Rudder*, a compilation of the canons of the Church, with commentary in demotic (popular) Greek. And as previously mentioned, he revised Saint Makarios's *Concerning Continual Communion*. He also wrote many hymnological works, especially akoluthias and canons for saints.

In addition, Saint Nikodemos wrote a book giving guidance to priests for how to be an effective spiritual father, especially through proper use of the Sacrament of Confession. Unfortunately, this book, entitled *Exomologetarion*, or *A Manual of Confession*, reflects considerable Roman Catholic influence, as seen in its tendency towards legalism concerning penances to be given for confessed and absolved sins, and in its apparent acceptance of the Anselmian sacrificial theory of atonement, with Christ's sufferings in bearing the sins of the world on the Cross understood as appeasing the wrath of God the Father against all of fallen mankind engulfed in sin.

Two other important saints of Greece

Saint Athanasios Parios (c. 1722–1813), was another leading churchman of this era. A disciple of Saint Makarios, he wrote this saint's biography. Saint Athanasios was also deeply influenced by the revival of hesychasm. He taught at the Academy on Mount Athos, then in Thessaloniki, then on Chios for 25 years. There he had strong influence on hundreds of Greek youths. He loved to bring forth the wisdom of the great Eastern Fathers of the Church, and he especially tried to revive interest in the works of Saint Gregory Palamas.



Saint Nikephoros of Chios (1750–1821) was another important Greek saint in this era. He taught at the famous school at Chios for 20 years, until 1802, when he became abbot of the Monastery called Nea Mone on Chios. After Saint Makarios of Corinth died, Saint Nikephoros wrote hymns honoring him.

Wisdom of the Holy Fathers

Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness.

+ St. John Chrysostom